

YMCA Holiday Invitational
HOSTED BY FLUSHING Y FLYERS
December 12 – 14, 2008

Meet Directors: Richard Finkelstein 516-538-3324 - email: finkfly33@aol.com
Michael Limm - email: limm999@yahoo.com

Meet Dates: Friday, Saturday, and Sunday
December 12, 13, 14, 2008

Sessions:

#1 Friday Night:	Distance Events (All Age Groups)	Warm-up @ 3:30PM	Start @ 5:00PM
#2 Saturday Morning:	11's & Over – Prelim.	Warm-up @ 6:30AM	Start @ 8:00AM
#3 Saturday Afternoon:	10's & Under	Warm-up @ 1:30PM	Start @ 2:30PM
#4 Saturday Night:	11's & Over - Finals	Warm-up @ 5:30PM	Start @ 6:30PM
#5 Sunday Morning:	11's & Over – Prelim.	Warm-up @ 6:30AM	Start @ 8:00AM
#6 Sunday Afternoon:	10's & Under	Warm-up @ 1:00PM	Start @ 2:00PM
#7 Sunday Night:	11's & Over - Finals	Warm-up @ 4:30PM	Start @ 5:30PM

Admissions: Weekend Pass: \$14.00 Individual Sessions: \$5.00/per session
Programs will be available for purchase

Facilities: Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York - 10 lanes in two pools for preliminaries and 8 lanes for finals The pools will be split after all entries are received in order to make both courses as close to the same length as possible - All relays are Timed Finals – Colorado Timing System will be used.

Sanctions: Meet is sanctioned by the YMCA National Competitive Swimming Committee. It is required by the YMCA National Committee that all teams register with the National Competitive Swimming Committee to compete in YMCA sanctioned meets. The meet is also approved by US Swimming National Sanction # TBA

Entries,
Entry Fees,
Entry Deadline: All entries are to be submitted via computer disk or email using the latest Hy-Tek Version. Send Email entries to Richard Finkelstein, finkfly33@aol.com **AND** Elisa Pickel at ep2boys@aol.com. Swimmers are allowed to swim up to three individual events per session. NT entries will not be accepted. The 1000 may be limited to two heats (top 20) of girls and two heats of boys. Any 13-14's will be scored separately for individual high point only. Please check off in Team Manager "include US ID #'s" when exporting your entry. Do not check off if your swimmers are not registered.

THERE WILL BE TWO ENTRY DEADLINES FOR THE MEET. NEW YORK STATE TEAMS ENTERING BY NOV. 4TH WILL BE GIVEN PRIORITY ENTRY. ON NOVEMBER 5TH, ALL OTHER ENTRIES WILL BE ENTERED BASED ON ORIGINAL DATE OF RECEIPT. ENTRY DEADLINE IS NOV. 25TH, 2008. NO UPDATES OR CHANGES AFTER NOV. 25TH. Event file is available for downloading @ www.flushingflyers.com.

\$4.00 per individual event and \$15.00 per relay entry. There will be no refunds on scratches. Either checks for entry fees, payable to the Flushing YMCA, or a copy of the check request, all paperwork and diskette entries should be mailed to:

Richard Finkelstein – Swim Coach
Flushing YMCA
138-46 Northern Blvd.
Flushing, New York 11354

- Rules:**
1. USA Swimming Rules will govern. All rules will be strictly enforced. Metro swimming warm up guidelines will be in effect.
 2. Teams may enter 2 relay teams per relay event, but only 1 relay team will score per event.
 3. The NO False Start Rule will be in effect for all classes.
 4. Swimmer's age as of December 1, 2008, will be the criteria for age group determination.
 5. Flyover starts will be implemented to expedite the meet.
 6. Swimmers may only enter warm up at the starting end of the pool and must sit down and slide in to the pool. There is no diving or jumping into the pool during warm up other than diving in designated sprint lanes at the appropriate time. Anyone swimming under the bulkheads or shaving in the facility will be removed from the swim meet.

Scratches: Scratches will be administered following USA Swimming Rules and Regulations

Awards: Medals will be awarded for 1st thru 3rd place finishes, and ribbons will be awarded for 4th thru 8th place finishes. 9th thru 16th places will only score points. Awards for 1st, 2nd, and 3rd place teams in each age group for male and female. Awards will be given to the top 3 overall teams and individual high point awards for top three males and females in each age group. Awards will be given to the coaches at the end of the meet.

Additional Note: If responses to this Meet are overwhelming, the Meet Directors reserve the right to reduce the number of swimmers such that no session will exceed approximately 5 hours. Any cuts necessary will be based on date of receipt of entries.

Scoring: Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Clerk of Course: 8 & under swimmers must report to the Clerk of Course when their event has been called for seeding. All other age groups will report directly to the blocks at least 3 heats prior to their race.

Refreshments: A concession stand will be provided each day.

Meals: Light meals for breakfast and lunch, Saturday and Sunday, will be provided for coaches and officials.

Restrictions:

1. Food may not be brought into the spectator seating area.
2. An elevator is available for Meet Officials and the handicapped only.
3. Swimmers must remain in their designated areas. Anyone found outside of the designated areas will be disqualified from the meet. Anyone caught swimming under the bulkhead will be disqualified from the meet. Coaches are responsible for their swimmers at all times.

Timers & Officials: Each club will be required to provide not more than 2 timers per timed final session and prelim session based on the size of their entry. Timers will be provided with hospitality during their assignment. Timing assignments will be on the web sites and e mailed. Additional volunteers are welcome. Anyone interested in officiating please contact Dan Collins at bpsc41@aol.com.

Website Posting: Warm-up Schedules will be posted on www.flushingflyers.com

Directions: Are available at www.flushingflyers.com. PLEASE REMIND PARENTS THAT THE MEET IS AT EISENHOWER PARK AND NOT THE FLUSHING YMCA

Hotel Information:

Long Island Marriot

101 James Doolittle Blvd. Uniondale, N.Y. 11553

516-229-5046 – Jackie Breen

2 minutes from pool

Hampton Inn – Garden City

Garden City, N.Y.

516-227-2720 – Debra Russo

Free Continental Breakfast ?

5 minutes from pool

Econo Lodge – Hicksville

429 Duffy Ave. Hicksville, N.Y. 11801

www.econolodge-hicksville.com

516-433-3900 – Amy Sharkey X 141

15 minutes from pool

Best Western – Woodbury Inn

7940 Jericho Turnpike, Woodbury, N.Y. 11749

516-921-6900

20 minutes from pool

Holiday Inn - Westbury

369 Old Country Road, Carle Place, N.Y. 11514

516-997-5000 –

5 minutes from pool

Coliseum Motor Inn

1650 Hempstead Turnpike

East Meadow, N.Y. 11554

516-794-2100 or 1-800-540-5050

2 minutes from pool, (Walking Distance)

Free Donuts & Coffee

1 block from Burger King, Wendy's & Hooters

Days Inn – Hicksville

828 South Oyster Bay Rd.

Hicksville, N.Y. 11801

516-433-1900

15 minutes from pool

Sheraton – Plainview

333 South Service Road

Plainview, N.Y. 11803

516-694-6500

Possible microwaves & refrigerators

20 minutes from pool

Melville Marriot

1350 Old Walt Whitman Road

Melville, N.Y. 11747

631-423-1600 25 minutes from pool

Red Roof Inn
699 Dibblee Drive Westbury, N.Y. 11590
516-794-2555 or 1-800redroof
www.redroof.com
5 minutes from pool, 2 minutes from Malls

Hilton Garden Inn
1575 Privado Road Westbury, N.Y. 11590
516-683-8200
5 minutes from pool, 1 minute from Source Mall

Wingate Inn
821 Stewart Ave.
Westbury, N.Y. 11530
516-705-9003
5 minutes from pool, 1 minute from Roosevelt Field Mall

Hampton Inn & Suites
125 Merrick Road
Rockville Centre, NY 11570
516-599-1700 Free continental breakfast ?
20 minutes from pool

Fairfield Inn
24 Oak Drive
Syosset, NY 11791
516-921-1111
Free Continental Breakfast ?
25 minutes from pool

Huntington Hilton
598 Broadhollow Rd.
Melville, NY 11747
631-845-1223 30 minutes from pool

Holiday Inn Plainview
215 Sunnyside Blvd.
Plainview, NY 11803
516-349-7400 25 minutes from pool

Marriott Residence Inn
9 Gerhard Road
Plainview, NY 11803
516-433-6200 25 minutes from pool

All Hotels should be googled and map queried for more specific details

December 12-14, 2008

ENTRY SUMMARY SHEET

Team Name: _____ Requested Abbreviation: _____

Head Coach Name: _____ Phone # (Day): _____
Phone # (Night): _____

Email address: _____

	# Girls	# Boys	# Total Entries	X Fee	Amount Due
# of Individual Entries				X \$4.00 each	\$
# of Relay Team Entries				X \$15.00 each	\$
TOTAL ENTRY FEE				→	\$

Coaches Signature: _____

All entries must be received **NO LATER THAN TUESDAY, NOVEMBER 25, 2008** :
Email your entries to finkfly33@aol.com **AND** ep2boys@aol.com.

When emailing entries, the following must be sent the next day to the address below:

- ✍ Hard copy of submitted entries
- ✍ Entry Summary Sheet
- ✍ Check payable to "Flushing YMCA" for Total Entry Fee or copy of check request
- ✍ Release Declaration

Mail to: Richard Finkelstein – Swim Coach
Flushing YMCA
138-46 Northern Blvd.
Flushing, New York 11354

Flushing & Huntington YMCA Holiday Invitational
December 12-14, 2008

The **Release Declaration** below must be signed and accompany all meet entries. Entries submitted without a signed Release Declaration will not be accepted. No substitution or changes will be accepted.

RELEASE DECLARATION

In consideration of your accepting this entry, we hereby, for ourselves, heirs, executor and administrators, waive and release any and all right and claim for damage we may have against the Flushing YMCA, their Parents' Committees and Board of Directors, the Flushing Co-Meet Directors and Meet Committee, their agents, representatives or assigns and the Nassau County Aquatic Center for any and all injuries which may be suffered by us at the YMCA Holiday Invitational to be held at Eisenhower Park, December 12, 13 and 14, 2008.

We further acknowledge the risks inherent in the activities to be undertaken at said meet and hereby agree to assume those inherent risks.

Signature YMCA Executive Director	Type Name	Date
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Signature Head Coach	Type Name	Date
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YMCA (Name as shown on eligibility certificate)	Phone
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YMCA address

Friday Dec.12:	Session #1	Warm-up 3:30 PM Start 5:00
<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event#</u>
1	13-14 500 Freestyle	2
3	15-18 500 Freestyle	4
5	9-10 200 Freestyle	6
7	11-12 200 Freestyle	8
9	13-14 400 IM	10
11	15-18 400 IM	12

Saturday Dec.13:	Session #2	Warm-up 6:30 Start 8:00
<u>Girls Event#</u>	<u>Event</u>	<u>Boys Event#</u>
13	15-18 200 Fly	14
15	13-14 200 Fly	16
17	11-12 100 Fly	18
19	15-18 100 Freestyle	20
21	13-14 100 Freestyle	22
23	11-12 50 Freestyle	24
25	15-18 200 Breaststroke	26
27	13-14 200 Breaststroke	28
29	11-12 100 Breaststroke	30
31	15-18 100 Backstroke	32
33	13-14 100 Backstroke	34
35	11-12 50 Backstroke	36
37	15-18 200 IM	38
39	13-14 200 IM	40
41	11-12 200 IM	42
43	15-18 200 Medley Relay	44
45	13-14 200 Medley Relay	46
47	11-12 200 Medley Relay	48
49	Open 1000 Freestyle	50

USE OF ALCOHOL OR TOBACCO PRODUCTS ANYWHERE IN THE FACILITY IS STRICTLY PROHIBITED. NO GLASS OF ANY KIND ON DECK OR IN THE BALCONY. VIOLATION OF THE ABOVE MAY RESULT IN IMMEDIATE REMOVAL FROM THE FACILITY.

Saturday Dec.13:	Session #3	Warm-up 1:30 Start 2:30
<u>Girls Event#</u>	<u>Event</u>	<u>Boys Event#</u>
51	8 & Under 100 Freestyle	52
53	9-10 100 Freestyle	54
55	8 & Under 25 Freestyle	56
57	9-10 50 Butterfly	58
59	8 & Under 50 Backstroke	60
61	9-10 50 Backstroke	62
63	8 & Under 25 Breaststroke	64
65	9-10 100 Breaststroke	66
67	8 & Under 50 Butterfly	68
69	9-10 200 Medley Relay	70
71	8 & Under 100 Medley Relay	72

Sunday Dec. 14

Session #5 Warm-up 6:30, Start 8:00

<u>Girls Event#</u>	<u>Event</u>	<u>Boys Event #</u>
73	11-12 50 Breaststroke	74
75	13-14 100 Breaststroke	76
77	15-18 100 Breaststroke	78
79	11-12 100 Freestyle	80
81	13-14 200 Freestyle	82
83	15-18 200 Freestyle	84
85	11-12 50 Butterfly	86
87	13-14 100 Butterfly	88
89	15-18 100 Butterfly	90
91	11-12 100 Backstroke	92
93	13-14 200 Backstroke	94
95	15-18 200 Backstroke	96
97	11-12 100 IM	98
99	13-14 50 Freestyle	100
101	15-18 50 Freestyle	102
103	11-12 200 Freestyle Relay	104
105	13-14 200 Freestyle Relay	106
107	15-18 200 Freestyle Relay	108

Sunday Dec. 14:

Session #6 Warm-up 1:00, Start 2:00

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
109	8 & Under 100 IM	110
111	9-10 100 IM	112
113	8 & Under 50 Breaststroke	114
115	9-10 50 Breaststroke	116
117	8 & Under 25 Butterfly	118
119	9-10 100 Butterfly	120
121	8 & Under 50 Freestyle	122
123	9-10 50 Freestyle	124
125	8 & Under 25 Backstroke	126
127	9-10 100 Backstroke	128
129	8 & Under 100 Freestyle Relay	130
131	9-10 200 Freestyle Relay	132